



# HEARTraining® Retreat 6 Learning Objectives

## 6-Day Format

1. Demonstrate advanced skills in identifying system self-organization with OI's non-verbal communication approach
2. Demonstrate advanced skills in visually tracking self-organization as Diaphragms begin to work more coherently together
3. Describe OI's concept of the Islands of Coherence as an approach towards achieving self-organizing systems
4. Demonstrate basic skills in working with OI's concept of the Islands of Coherence as an approach towards achieving self-organizing systems
5. Identify how ritual in therapy can be applied in clinical work
6. Demonstrate basic skills in using ritual in therapy.